



## **GIRLS TEAM**

### **2018/2019 FALL-SPRING WORKOUT SCHEDULE**

#### **EVENING PRACTICE**

##### ***Level 2***

Tues/Thur 4:30pm-7:30pm

##### ***Level 3***

Mon/Wed/Fri 4:30pm-7:30pm

##### ***Level 3/4***

Tues/Thur/Fri 4:30pm-7:30pm

Saturday 8:00am-1:00pm

##### ***Level 6-10 (Optionals)***

Monday-Friday 3:30pm-7:30pm

Saturday 8:00am-1:00pm

##### ***XCEL Group A***

Mon/Wed 4:45pm-7:15pm

Friday 4:30pm-7:30pm

Saturday 8:00am-12:00pm

##### ***XCEL Group B***

Tues/Thur 4:45pm-7:15pm

Friday 4:30pm-7:30pm

Saturday 8:00am-12:00pm

##### ***FUTURE STARS***

Tue/Thur 5:00pm-6:00pm

#### **HOMESCHOOL PRACTICE**

##### ***Level 3/4***

Monday-Friday 12:00pm-4:00pm

##### ***Level 6-10 (Optionals-30hrs)***

Monday-Friday 12:00pm-5:00pm

Saturday 8:00am-1:00pm

##### ***Level 9-10 (Optionals-37hrs)***

Mon/Wed/Fri 8:00am-11:30am, 2:00pm-5:00pm

Tue/Thur 8:00am-1:30pm

Saturday 8:00am-1:00pm